UNITY DAILY WORD

A Page of Sunshine for Every Day

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July, 1935

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June 20 to July 19

The radiance of the Christ presence renews my understanding and exalts my vision.

Christ mind quickens me, and I feel Spirit life restoring me to health and wholeness.

As Spirit substance becomes tangible and real to my mind, prosperity is made manifest in all my affairs.

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UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to the Editor of UNITY DAILY WORD, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

Mental Control

Learn when not to think.

—*Prof. E. L. Thorndike*

COOL MINDED

Cease to fret, be calm and patient,
  Poised and trustful ever be;
You will find you need not worry,
  All things righted you will see.
If you will be cool, collected,
  If you cease to worry too,
You'll behold your troubles vanish,
  Only good will come to you.

Cool in mind and never fretful,
  Patient, calm, your thoughts controlled,
You'll behold your utmost vict'ry,
  You will find increased your hold.
Nothing good can e'er escape you,
  Only good in life you'll find;
You will have, if calm and patient,
  Only thoughts of peace in mind.

Cool in mind, dismiss the weather;
  Sun or rain—it matters not;
What reck you of storm or sunshine,
  Whether days be cool or hot?
If in mind you're cool, collected,
  If your thought is poised and true,
You will find the world is showering
  All its blessings upon you.

THE GREAT PROMISE

WHAT would be your reaction if you should find in your daily paper an announcement that some one was prepared to take over all your troubles and guarantee to put all your affairs in perfect order? If you have some little pet or secret worry that has been disturbing your mind for some time, if you feel that you have some problem for which there seems to be no solution, if help or relief seems slow in reaching you, you will feel quite a relief in learning that you have access to some one who will come to your aid, see that justice is administered, and do all this without waste of time.

In Isaiah 46:13, you will find that God makes you this promise: "I bring near my righteousness, it shall not be far off, and my salvation shall not tarry." He promises you that if you will turn to Him, He will bring His justice right to you without delay. He promises you that if you will believe on Him He will adjust the differences between you and your neighbor immediately. He promises that the right thing will be done in your life without delay. He promises that He will correct any situation that needs correcting. He promises to take over all your troubles and guarantees to put all your affairs in perfect order. When? Without tarrying. Right now and here.

Could God make you a greater promise than this? Can He do more than ask you to give all your worries into His keeping? Would you not enjoy heaven and perfect bliss if you were without an adverse thought or thought of worry? Can you take God at His word?

Not desiring to withhold justice and salvation from you, He brings them near to you. He will not keep these away from you nor will He delay reaching you. What problem does He refer to? Does He exclude anything? His righteousness knows no limit. Nothing is too difficult for it. Nothing can defy His justice.

The great promise is that your salvation from evil, worry, injustice, disease, and lack is a salvation made evident here and now. Such salvation is perfect in that nothing is left to be desired. The promise is that God will rush His aid to you and that He will do whatever is just and right.

In Isaiah 46:9, 10 we read: "Remember . . . I am God, and there is none else; *I am* God, and there is none like me . . . My counsel shall stand." Do you, in turn, promise to remember that God is God and that evil or adversity or worry is not some god or power in your life? If in Truth there is none else beside God, then in your life there is nothing that can cause worry or adversity.

"There is none like" God because He alone *is* in Truth. God, the good, alone exists and there is nothing like Him in power, like Him in presence, like Him in justice and salvation. To claim the great promise you have but to know this mighty truth. You have but to know that God alone has omnipresence and omnipotence in your life. Your worry or your problem belongs in the category of "There is none else," and consequently it has neither place nor power in Truth to become a rival of God.

To claim the great promise, to have your problem solved, to have your worry dissolved, you need to know that God alone has power and presence. He counsels and advises you in this matter and you must accept His counsel. It must stand in your consciousness as a challenge to all worry, all opposing thought. Next, you need to realize that His salvation will come to you right where you are and right at the present moment.

Previously you have been unable to claim the great promise because you have thought and done the thing that is the opposite of His instructions. You have believed that something in your life unlike God has power. You have believed that something has power to thwart God's aid or to delay its reaching you. Now you must reverse your thought; you must think and act according to the great promise. You must realize that His righteousness is not far off and that His salvation is right at hand.

The great promise reveals possibilities in prayer and treatment that are almost staggering. On the other hand, invoking the promise is so simple that we might be inclined to doubt that much can be accomplished by such simplicity. We have but this to do; we have but to claim the promise and see what happens. We have but to show God that we believe He is all in all in order to have Him reveal to us the nothingness of our worries. We have but to fulfill our part of the bargain and then see what happens. Surely God knew His own power when He made the great promise to us.

THE COMMAND TO FORGET

HAVE YOU obeyed the Biblical command to forget? Have you erased from your mind the sense of blame, the memory of your failures, the thought of sins of the past? "Thou shalt forget thy misery." You are commanded to forget everything of the past that interferes with your peace of today. The lessons of the past that have been learned are now to be put aside. All the so-called miseries of mind and body, all the distress and anguish of the past are to be forgotten, All your self-accusations of yesterday are to be laid aside with yesterday's problems and lessons.

The mistakes and sorrows of yesterday belong to yesterday. Yesterday provided sufficient time in which to consider its woes. "Sufficient unto the day is the evil thereof." Moffatt renders this passage as follows: "The day's own trouble is quite enough for the day." We can readily understand from this that the miseries or woes of yesterday can enter today or tomorrow only through our memory. If you desire to keep today as a day holy unto the Lord, "thou shalt forget thy misery" of yesterday.

Today "thou shalt forget thy misery" experienced yesterday just as if it had never existed, because in Truth it has no place in today's program for you. You must forget the unhappiness you experienced when some one hurt your feelings. At this morning's dawn you must greet the sun with the inner realization that you do not carry into today the hurt feelings, the heartaches, the mental and physical miseries of yesterday.

Before the end of yesterday, you should have put

out of mind every disturbing thought caused by yesterday's situations. "Let not the sun go down upon your wrath." Do not let the day close with your mind disturbed. Set it free in order to greet the new day. Your wrath, mental disturbances, and physical miseries of yesterday have no place in your today. They only serve to crowd out the joys and blessings that God has in store for you today.

A new world begins for you today if you do not carry into today the woes of yesterday. If you have not forgotten the woes of yesterday, you do not experience a new day. To you the day is just an extension of yesterday. You let yesterday's sun go down finding you still wrathful and disturbed in mind, you did not obey the Biblical injunction to forget your miseries, you did not approach the new day with a clear mind and a clear heart.

The wisely given command to forget is a provision for your happiness. Were you to remember all your mistakes of the past, you would not have time to think of God. We may think of Him as a selfish or jealous God in that He wants to be thought of to the exclusion of all else. God would have you think of His love, His goodness, His joy to the exclusion of your petty sorrows and memories.

What shall you forget? What does the quaint little word "misery" include? What comes under the category of "wrath of mind"? Everything not founded upon God and Truth. You are to enjoy today to the exclusion of the wraths and miseries of yesterday. You

are to wake up in the morning with your mind clear of yesterday's worries. You are not to let one little rankling thought of yesterday sully the purity and beauty of today.

The sleep that God gives you at night is but a form of His power to help you forget. Sleep is a vestibule through which you pass from one day to the next. You are to shed all your useless thoughts before you approach the new day. Even as your conscious mind is temporarily put to sleep at night so must the vexing thoughts of your mind be put to sleep when you engage in prayer.

What of the wrongs that some one has committed against you? What of your jealousies and suspicions? What of the things that you secretly accuse yourself of? All these must go. You must forget them. They belong to the dream or nightmare of the past from which you have awakened to a new day.

Are you willing to obey the command? You alone decide. You alone can reap the benefits of forgetting. You alone decide whether you will spoil the new day by harboring the adverse thoughts of yesterday. You alone decide whether you will today remain in the wrathful state of mind of yesterday.

The things yesterday brought to your mind and caused you to be disturbed are quite insignificant today. Forget them. Learn to wipe from mind every thought that works against your highest good. Enjoy today to the fullest. You can do this only by approaching it with a clear mind, receptive to good in store for you.

STEADFAST AND IMMOVABLE

WHAT ADVICE and encouragement shall we give those who are not steadfast, those who are easily moved by adverse conditions, those who cannot stand firm in the face of discouraging conditions? In Truth there is but one thing to offer. We can but advise the unsteady to turn from the external condition that disturbs to the Christ within. We can but advise that the movable find refuge in the immovable. Those who are not steadfast must identify themselves with the steadfastness of Christ.

"My beloved brethren, be ye stedfast, unmovable." Be steadfast in the consciousness that Christ in you is steadfast and immovable. Be unmoved in the face of danger or adversity because Christ in you stands firm in the realization of Truth. Let no belief that things of the world about you can disturb you enter your inmost consciousness.

If you would be immovable, if you would be unaffected by the state of things of the world and by that which other persons say or do, turn in thought to Christ. The presence of Christ in you is the power that makes you steadfast and unmoved even when the whole world about you appears to be chaotic. His presence becomes to you the very presence of stability in your soul. His presence causes you to realize that persons, things, and events cannot shake you.

When we see some person easily disturbed by things about him, how natural it is for us to recognize that he has need of some steadying influence! Students of Truth recognize that he needs Truth, needs to know

of the presence and power of Christ within him. They naturally affirm peace and poise for him when they see his need for this. They want to turn him to Christ.

"Be ye steadfast, unmovable" in the realization that things of the world about you cannot move you. Become so conscious of the steadfastness and immovability of Christ in the midst of you that you know with inner assurance that nothing in all the world about you can disturb or affect you. Cease to be swayed because things of the world are swaying. Cause them to cease their swaying by taking a firm stand for steadfastness.

Do you admire those who can remain calm at the appearance of adversity? Do you know what it is in them that you admire? It is the presence of Christ that steadies them. It is He within them that causes them to stand firm. You admire Christ standing steadfast and immovable. You behold His presence shining through them.

Those who are steadfast in Truth remain steadfast even when that which is untrue seems to be evident. They are steadfast in the consciousness of peace even in the face of chaos and inharmony. They are immovable in the realization of perfect health in Christ even when disease appears in some alarming guise. They are steadfast in the realization that God does provide even when empty storehouses would proclaim that God's supply is limited or withheld.

"Be ye stedfast, unmovable." Let Christ steady you. Let Him be a veritable rock of Gibraltar within you, unmoved by the lashing of waves about you.

1924-1935

YOU who are readers of UNITY DAILY WORD and we who give our time to preparing the magazine for you may well join together on July 1 to celebrate the birthday of UNITY DAILY WORD. Your encouragement during the first eleven years of its existence has indeed been gratifying, and we take this opportunity to thank you for your help.

Quite a number of you have studied UNITY DAILY WORD since the first issue and it has been an inspiration to have your friendship in the work during all these years. New friends, many coming to us through being introduced by our older acquaintances, continue to increase in number. Besides the large subscription list that UNITY DAILY WORD enjoys, mention must be made of its big newsstand sale.

The announcement each year of its birthday anniversary always brings a flood of subscriptions to show the interest of our friends in the work we are doing. We especially appreciate this gracious little custom. Some year we hope to have every subscriber who has been helped during the year send in an extra subscription besides his own renewal. Will it be this year? Have you ever reflected that our subscription list would be exactly doubled if every subscriber sent in one subscription for a friend? Were you helped a dollar's worth this year? Do you not have a friend whom you should like to have in the big UNITY DAILY WORD family?

The Editor.

THE CHRISTIAN LIFE

SAMUEL LONGFELLOW

I look to Thee in ev'ry need,
  And never look in vain;
I feel Thy strong and tender love,
  And all is well again;
The thought of Thee is mightier far
Than sin and pain and sorrow are.

Discouraged in the work of life,
  Disheartened by its load,
Shamed by its failures or its fears,
  I sink beside the road;
But let me only think of Thee,
And then new heart springs up in me.

Thy calmness bends serene above,
  My restlessness to still,
Around me flows Thy quickening life
  To nerve my faltering will;
Thy presence fills my solitude,
Thy providence turns all to good.

Embosomed deep in Thy great love,
  Held in Thy law, I stand;
Thy hand in all things I behold,
  And all things in Thy hand;
Thou leadest me by unsought ways,
And turn'st my mourning into praise.

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MONDAY, JULY 1

I am no longer afraid, because God is ever with me.

I GIVE UP every belief in fear. I am no longer afraid of other persons or external things. I do not fear the future. I am not afraid of what other persons think, say, or do. I do not fear situations, events, or circumstances of the day.

I wipe from mind every subconscious belief in fear. My subconscious mind is now free from every thought that would produce fear. All the fear that I have put into my subconsciousness is now eradicated through my consciousness of Truth and the presence of God. I deny that I can be victimized and self-hypnotized by my thoughts of fear.

The presence of God within and about me is a presence of indomitable courage. In God I am fearless. He gives me such a consciousness of courage that I cannot entertain a thought of fear. His courage is my own. His consciousness of fearlessness makes me fearless and unafraid. I now abide in the realization that no person or thing in all this world can make me fearful.

Living in the consciousness of my innate and indwelling courage, I go forth this day fearless and triumphant.

There were they in great fear, where no fear was.
—PSALMS 53:5.

I am patient in all situations because Christ in the midst of me is always patient.

I AM freed from all habit of impatience through my consciousness that Christ within me ever inspires me to be patient. I am not impatient with other persons, because I know that through the patience of Christ in me and in them all is well. I am free from the habit of impatience because now I entertain only thoughts of patience.

I cannot be impatient at situations of the day. I place all things in the care of God. I am unable to be impatient because I trust Him in all things and know that He is bringing good to pass. Through the consciousness that Christ in the midst of me is ever inspiring me to be patient I free myself of the habit of impatience.

Patiently trusting Christ, I develop a consciousness of patience that helps me through every situation. I can now be patient in those situations which formerly made me impatient. I am now patient with other persons because I place them in the care of God and know that He is guiding and directing them.

Because I am ruled by Truth in all things, I patiently perform the duties of each day.

The patient in spirit is better than the proud in spirit.—ECCLES. 7:8.

WEDNESDAY, JULY 3

The peace of Christ emanating from the heart of my being makes me harmonious and peaceful.

CHRIST in the midst of me is ever harmonious. I now give up every inharmonious thought in order to share His peace. I wipe from mind every peace-destroying thought in order to abide in the peace of Christ and live in His consciousness of perfect harmony.

Living in Christ, I cannot be otherwise than peaceful. In His consciousness my every thought becomes impregnated with peace. I am imbued with the very peace of heaven coming to me through Christ. I live in peace.

I am now peaceful in all my thoughts about others. The deep peace of Christ fills my heart and makes me harmonious in all my personal relations. Living in peace with Christ, I am at peace with all persons. Christ unites our hearts in the bonds of peace. In this consciousness I cannot be affected by any inharmonious belief.

Christ lives at the heart of my being as the presence of peace. In communion with Him I identify myself with that peace which never changes. I am harmonized in the truth that in the omnipresent Christ there is omnipresent peace.

Go in peace, be ye warmed and filled.—JAMES 2:16.

THURSDAY, JULY 4

I am no longer in bondage. The realization of the perfect freedom of Christ has set me free.

I DENY that any person, thing, or situation can put me in bondage or limit my expression. I am no longer bound by the belief that things can bind me to them. I do not believe that anything of the world about me can limit the freedom of Christ in the midst of me.

I am free! Christ within me ever inspires me to freedom. I have within me that which cannot be limited or bound. Christ in me turns my every thought away from bondage to the awareness of my innate freedom. In Him I am free indeed.

The truth that sets me free is the truth of my deliverance from sin, evil, fear, sorrow, hate, disease, and lack. I cannot be in bondage to adverse thought of any kind. My freedom is perfect deliverance from negative and adverse beliefs. Christ has declared my freedom and I accept it, making no compromise with bondage.

I keep my thought centered upon the freedom of Christ and in it find my own freedom. I discover that He has set me free for all time. I find freedom in realizing the presence of good, love, life, health, and plenty.

I shall walk at liberty;
For I have sought thy precepts.
—PSALMS 119:45.

FRIDAY, JULY 5

I am free from all sense of worry and anxiety because I put my trust in God.

THROUGH my knowledge of Truth my mind is cleared of every anxious thought. Trusting God, I cannot be anxious. I cannot worry when in the consciousness of trust. My trust in God keeps me free from all worry and anxiety.

I am now free from all belief that persons, things, and events of the day can cause me to worry. I realize that worry does not come from the state of external things but from an adverse state of mind. I know that when my mind is filled with trust I can no longer entertain thoughts of worry.

I am willing to place myself and all my affairs in the keeping of God and to put my whole trust in Him. I realize that when I do this I cannot worry. I know that when I believe in the power of God I cannot worry over the appearance of adversity. Things will no longer seem to have power to make me anxious when I think only of God and His goodness.

I am now ready to give every burden and every responsibility into the keeping of God. My shoulders are now free from all weight. I give myself and all that I possess into the care of God and am assured that He will take care of me and mine.

Cast thy burden upon Jehovah, and he will sustain thee.—PSALMS 55:22.

The justice of Christ now eliminates all injustice from my life and I am justly dealt with in all circumstances.

I AM forever identified with Christ and His justice because I abide in the consciousness of justice. In this consciousness I cannot be unjust toward others, neither can they be unjust toward me. No thought of injustice can lodge in my consciousness of justice. No belief that others are unjust to me can exist in the consciousness of justice that now rules me.

Christ as divine justice is ever active in me and eliminates from my mind every thought that would attract unjust situations to me. No injustice can prevail in my world, since Christ is active in me. I cannot entertain the belief that others are unjust to me, I cannot believe that I have the right to be unjust to others when I realize that I abide in Christ and He abides in me as perfect justice.

Christ is ever my security as justice. I need no longer believe in injustice since I have accepted Christ. I know that my justice is forever established in His eternal righteousness. I realize that when I place my whole trust in Him only His righteousness can become manifest in me. In the consciousness of justice, I see naught but His perfect justice.

Thy righteous acts have been made manifest.—REV. 15:4.

Through spiritual consciousness I identify myself with the mind of Christ.

I NOW eliminate from my mind every thought that is un-Christlike in character. I give up my every belief in sin, evil, fear, sorrow, hate, disease, and lack. I no longer believe that any of these can dominate me. I give up every adverse belief in order to exchange it for Truth.

Through my spiritual consciousness I know Christ. In this consciousness I find that I am at one with His mind. I think His thoughts when I realize that I am in Spirit. No negative, adverse, or limited thought can exist in my mind when I think the thoughts of Christ.

In Truth there is but one spiritual consciousness, one Divine Mind. In Truth I am forever identified with this mind, the mind of Christ. I refuse to let limited thoughts keep me from enjoying spiritual consciousness. I think spiritual thoughts and realize that I am at one with Christ.

The thoughts of Christ are thoughts of Truth, light, peace, love, courage, joy, health, and plenty. In His consciousness I think His thoughts. I know that through spiritual consciousness I am able to identify myself with Him and with His many blessings.

Many, O Jehovah my God, are the wonderful works which thou hast done,
And thy thoughts which are to us-ward.

—PSALMS 40:5.

MONDAY, JULY 8

God, the law of good, the principle of Truth, is the law and principle of my life.

I KNOW that in Truth there is but one God, one law of good. In Truth evil has no law. There is no law upon which anything unlike God, the good, can be based. Evil, therefore, in all its phases and guises is without foundation in Truth.

Conscious of the law of good, I can no longer believe in the power of so-called laws of adversity. I know that the law of God alone has power in Truth. I realize that His law is the law of wisdom, love, health, and success. I know that in spiritual consciousness there are no adverse laws; there is only the law of good.

God is the principle of my very existence. My life is established upon this principle. I know that disease has no basis in principle, because it does not have God back of it. Even as I am ruled only by God so am I ruled only by the principle of good.

Realizing that I am governed solely by the law of God, I cannot be governed by any law of adversity. Knowing that only the principle of God can rule in my life, I realize that adversity can have no base, no foundation, no background, no principle to sustain it. The law of God, the principle of Truth, now governs and rules me forever and forever.

Teach me thy statutes.—PSALMS 119:135.

TUESDAY, JULY 9

Now is the only time in Spirit and the time in which the blessings of heaven come to me.

IN SPIRIT there is neither past nor future. In Truth there is only the timeless time of Spirit, the eternal now. In this time the very blessings of God come into visibility. In the time of Spirit there is no delay.

I no longer believe that I am under any limitation because of the past. I cease to think of unhappy experiences of the past. I no longer limit the present by carrying into it limited beliefs of yesterday.

I do not devote any thinking to the future that should be given to the present. I do not attempt to live in the tomorrows when I should be getting joy out of the present. I know that my blessings will come to me today if I but claim them now. I realize that I can enjoy every good right at the present moment.

Living in the consciousness of the present, I am conscious that God's richest blessings are now present in my life but awaiting my word. Nothing can delay my good. No mortal belief can keep my good from coming to me right now and here. My good now appears as God's choicest blessing for me.

The time is fulfilled.—MARK 1:14.

The Truth of Christ now established in my consciousness frees me from every misconception and establishes itself in my life.

THE TRUTH of Christ is the message He brought to me that establishes the truth of my peace, wisdom, joy, love, health, and prosperity. No misconception or erroneous thought can cause me to believe that sin, evil, fear, disease, and lack are true of me. I no longer accept the false for the true. I do not believe that that which is untrue of Christ in Jesus is true of Christ in me.

The truth about me is the truth that Christ within me ever proclaims as my freedom from false belief. I claim as truth only that which is eternally true of God's perfect man. I realize that that which is untrue of God's image and likeness is untrue of me.

God and His manifestations alone are true. That which is not based upon His Truth is false. That which does not exist in God cannot exist as truth in me. I now direct my whole thought to His Truth and behold it expressed in and through me.

The Truth of God is now manifested in my consciousness as that truth which will deliver me from misconceptions and falsity.

God is true.—JOHN 3:33.

THURSDAY, JULY 11

Through prayer, realizing my oneness with Christ, I can do all things.

PRAYER, to me, is a realization of unity with Christ. When I pray I am conscious of my oneness with Him. I realize that we are inseparably related. Through prayer I know that I can do all that I undertake to do.

When I pray I give Christ in me an opportunity to express Himself. I let Him do that which He would in me. In prayer I give up all sense of personal responsibility and know that Christ is working in and through me.

I pray with the Spirit when I commune with Christ in spiritual consciousness. I know that I am at one with Him and that He is blessing me in every way possible. I pray the true prayer when I realize that Christ is within me, coming into manifestation as that which I desire and need.

When I pray I do not beseech God for anything. I simply realize that I am in touch with God and His blessings. I but know that I am unified with Him and with the good He is seeking to have expressed in my life. This I realize is the true prayer.

I hope to live this day in a state of prayer through living in the mental and spiritual attitude that Christ is ever with me.

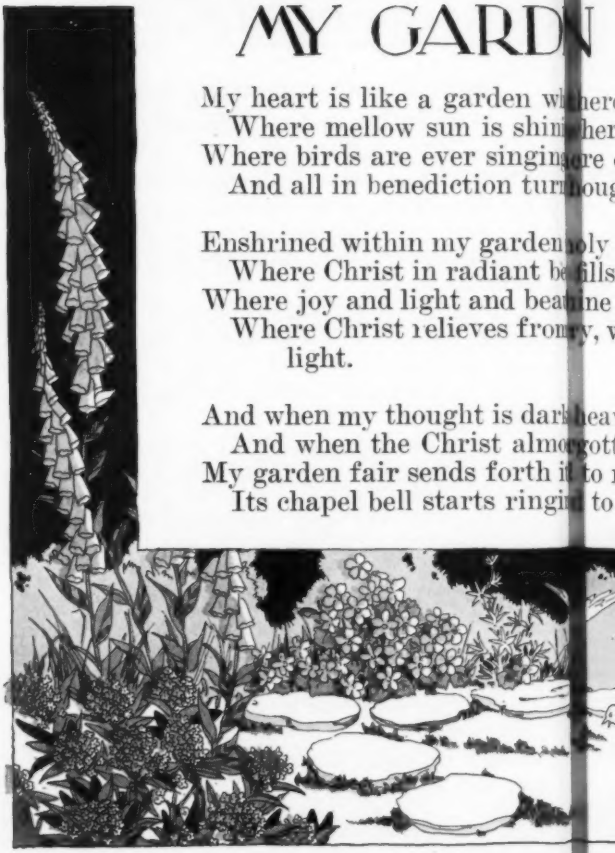
I will pray with the spirit.—I COR. 14:15.

MY GARD

My heart is like a garden wher
  Where mellow sun is shin her
Where birds are ever singing re
  And all in benediction turn houg

Enshrined within my garden oly
  Where Christ in radiant be fills
Where joy and light and bea ine
  Where Christ relieves from y, v
    light.

And when my thought is dar hea
  And when the Christ almo gott
My garden fair sends forth it to
  Its chapel bell starts ringi to



RDN CHAPEL

len where's springtime all the while,
s shine here the blooming flowers nod,
inging are companions meet and smile,
n turn ought to Christ of God.

arden oly chapel small
iant be fills the sanctuary bright,
nd beam me with love from wall to wall,
es from y, where He makes my burdens

is dark heavy, when my burdens weigh,
t almo gotten for my love does yearn,
forth it to reach me by the way,
s ringing to Christ in prayer I turn.

FRIDAY, JULY 12

Through Christ, I am unified with all good.

I NO LONGER believe that I am separated from Christ or from my good. I know that nothing but my own lack of understanding can separate Him from me. I realize that when I know the Truth I shall be conscious of my eternal union with Him.

Unified with Christ, I am unified with all that is good. I cannot be identified with evil in any guise when I am conscious of being identified with Christ. I cannot be related to any form of evil when I realize that I am at one with Christ, the good.

Through Christ I am identified with light, peace, joy, courage, love, health, and plenty. I am unified with all these because they are but manifestations of Christ. I am conscious of my oneness with eternal goodness because I am aware of my interrelation with Christ.

I cannot be separated from God or believe that He is apart from me. In the consciousness of unity I know that I am ever at one with God. I know that in the omnipresence of God I forever abide in His good.

I realize that through Christ in me and in every one I am at one with all men, at one with the good inherent in them.

Behold, how good and how pleasant it is
For brethren to dwell together in unity!
—PSALMS 133:1.

In Truth there is only God, the good, and in His omnipresence there is no evil.

I REALIZE today that in Truth there is naught but good, naught but the omnipresence of God. Realizing this mighty truth, I know that evil has no existence, being, or reality in His omnipresence. Evil cannot exist in the presence of All-Good. God has no rival or competitor. He knows no evil, and as it does not exist in His mind it consequently does not exist in Truth.

When I say that there is no evil, I mean that there is none in the omnipresence of good or in the everywhere-presence of God. I know that that which appears as evil is but the objectification of man's thought, contrary to Truth and God. I know that man brings about the appearance of evil because he fails to understand the truth about God's omnipresence.

I realize that I have power to see my world filled with naught but good when I know that I have power through prayer to realize the omnipresence of good. Evil will cease to exist for me when God exists for me in His entirety. Sin will no longer exist in my world when my whole thought is dedicated to God and His omnipresent goodness. I give my whole thought to God and behold His goodness now coming into view.

I am God, and there is none else; I am *God, and there is none like me.*—ISA. 46:9.

SUNDAY, JULY 14

In the consciousness of love I see all situations from the standpoint of love.

WITH MY thought turned to the love of Christ inherent in my breast, I am turned away from all thought of hate. No unloving thought can exist in my mind when I meditate upon the love of Christ. I cannot be unloving toward other persons and love Christ with all my heart.

In Christ's world there is naught but love. When my thought is given entirely to Christ, I too will know nothing but love. The omnipresence of divine love will fill my world entirely. No hate can exist in Christ. Nothing unlike His love can exist in His world now coming into visibility through my prayer and spiritual vision.

Loving God, I know that every situation in my life is now developing to the glory of God. I know that God as love is the mighty power that annihilates everything that is unloving in character. I realize that all things in my life work together for my higher good when I place them in the keeping of God and behold them from the standpoint of Truth.

Love now reigns supreme in my life because I recognize nothing antagonistic to love as having presence or power in my life. Christ as love is now accepted in my life in His entirety.

To them that love God all things work together for good.—ROM. 8:28.

MONDAY, JULY 15

The perfection of God's idea of man implanted in me at my creation now comes into visibility as my own perfection.

I CEASE to think of my imperfections and shortcomings. I know that these have no place in God's perfect-man idea. I know that when I think of imperfections I am thinking contrary to Truth, contrary to that which God beholds in me.

Beholding God's perfect man, I realize that I am clearing my mind of all belief in imperfections and opening the way for my own perfection in God to appear. I know that when I give up thinking of my personal shortcomings I can give more thought substance to the truth of my perfection.

With my thought upon Christ in the midst of me, I behold His perfection now appearing as my own. I see myself as God sees me, whole and perfect. I behold myself not as I might be seen through eyes untrained by the knowledge of spiritual truth, but as I am seen through spiritual eyes. I no longer cling to personal shortcomings as belonging to myself but cling to the truth of my innate perfection.

The perfection of Christ now appears in me according to the will of God that I may behold myself as I am seen in Truth and through the eyes of God.

Let us press on unto perfection.—HEB. 6:1.

I am no longer a doubter. I have absolute faith in the power of God, the good.

I NOW wipe from mind all my unbelief and doubt. I no longer lack faith in God. I am not given to doubting the goodness of God. I do not doubt God when my faith is tested.

I deny that I believe in the power of evil, sin, hate, fear, disease, or failure. I have faith in naught but God. I cannot have faith in evil or believe that it has presence or power in my world. My faith in God ever increases as I behold more and more evidences of His goodness.

Through my faith in God I feel that the bond between us is strengthened. I realize that through my increasing faith I come into a clearer understanding of my oneness with God. My faith serves to make me know that God and I are one in Truth.

My faith is centered in the power of God, consequently I do not have faith in any adverse power. I faithfully give myself to God and know that, doing this without any reservation whatever, I shall find that God gives Himself to me.

When adverse situations would claim my attention and my faith would appear to be challenged, shaken, or weakened, I turn in thought to God. Nothing in all this world can shake my faith in Him.

Your faith should not stand in the wisdom of men, but in the power of God.—I COR. 2:5.

WEDNESDAY, JULY 17

The joy of Christ fills my heart and my world becomes one of joy.

I REJOICE to know that Christ lives in me as a constant inspiration of joy. His presence casts from me all sorrow and heaviness. I realize that I cannot be sorrowful and at the same time give my heart to Christ. I know that I cannot lack joy and meditate upon the joy of His presence.

I rejoice to know Truth. I know that through my understanding I have found Christ, the source of joy. With my attention fixed upon His joy, my own increases. I lose sight of all sorrow and depression as I think of my joy in Christ. I become so filled with joy that it overflows into my world.

Christ's presence within me is ever a source of joy. To have my joy increase I have but to lose sight of that which appears to be depressing and turn to the joy of Christ. I cannot lack joy when my thought is centered upon Him. His joy inspires me to be joyful at all times and under all circumstances.

I know that God's will for me is joy. I realize that the sorrow that comes into my life does not come as God's will for me but through my own failure to recognize the joy of God. Knowledge of the presence of God is joy. Failure to know Him is sorrow.

Give unto them . . . the garment of praise for the spirit of heaviness.—ISA. 61:3.

THURSDAY, JULY 18

I no longer condemn myself or others.
I rejoice to praise the good.

I AM no longer given to condemnation. I do not look for things to condemn in myself or others. I know that instead of condemning evil or the undesirable I must praise the good. I realize that I must not set myself up as a judge of others but must place them in the keeping of God.

I praise the good wherever it is found. I know that through praising good I can cause it to increase. The more good I behold and praise the more of it will become manifest for me. I know that through the law of praise I can cause my blessings to multiply.

When I rise out of the habit of condemning, I rise out of the consciousness of condemnation. I cannot attract condemnation to myself when it no longer has a place in my consciousness. I cannot be condemned when I cease to condemn others.

Praise now fills my world. I find plenty of good to praise. I rejoice to be filled with the Spirit of praise and to be able to live by the law of praise. The good that I praise fills my world so completely that I find nothing to condemn.

God is now praising my every endeavor to do right and filling my world with good to be praised.

Behold, the Lord Jehovah will help me; who is he that shall condemn me?—ISA. 50:9.

FRIDAY, JULY 19

The light of God shines within me and His wisdom rests upon me.

SINCE I know that God shines within me as the light of my wisdom and understanding, I cannot be in darkness and ignorance. His light illumines me with understanding. I no longer think of myself as lacking in wisdom. I know that I am ever illumined by His Spirit. In Him I know all things.

I cease to think of myself as ignorant since I know myself as the illumined son of God. I claim my divine heritage and realize that His Truth is revealed to me in its fullness. I know all that I need to know in order to live a well-rounded life.

The light of God shining at the heart of my being is the light that illumines me in all my ways. I cannot be in darkness and live in the knowledge that the Spirit of God is within me. I cannot be lacking in understanding and at the same time recognize that God is the light of my very existence.

The light of God is the light that reveals to me the answer to all my questions, the solution to all my problems. He cannot fail me. His light cannot fail to shine upon me. His wisdom ever rests upon me.

This day I stand in the light of God and it reveals to me the blessing that I should have today.

The Spirit of Jehovah shall rest upon him, the spirit of wisdom and understanding.—ISA. 11:2.

AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

July 20 to August 19

Illumination

The eternal light of Spirit shines into my consciousness and directs my vision Godward.

Healing

Eternal life and strength are here, and I am made whole through Jesus Christ.

Prosperity

I am now conscious of the splendor of eternal omnipresent Spirit substance, and I see prosperity everywhere.

God's truth about my health is now firmly established in my consciousness, and accepting it as unchangeable truth, I know that my health is unchangeable.

I NO LONGER think of my health as varying, or that I am healthier one day than I am the next. I know that the truth about my health is God's Truth and that neither His Truth nor my health can vary. I claim His words about man's health as words that are powerful to establish my health forever in my consciousness and in my body. I refuse to accept any belief in disease, because I must accept God's will for me, which is health and wholeness.

I realize that my health exists in the mind of God as a reality that cannot change. I know that God cannot think of me as diseased or imperfect. I realize that He cannot behold me as other than whole and well. When I accept the words of God in their fullness, I cannot think disease or express it in my body.

My health of mind is now outpictured as my health of body. This action precludes all possibility of any belief in disease being manifested in me. God's truth is so firmly established in my mind that only health can result. I am forever healthy.

And [my words are] health to all their flesh. —PROV. 4:22.

SUNDAY, JULY 21

As God's heir I inherit the wealth of His kingdom and my every need is fully supplied.

CONSCIOUS that God's storehouse of rich ideas is ever open to me, I realize that my mind is filled with His prosperous thoughts. I know that through the consciousness of prosperity, I enter into His kingdom, where my every need is bountifully supplied. As His child and heir I can know no lack. I cannot be deprived of any good thing, since the treasures of heaven are open to me.

In order to enjoy fully the prosperity of God, I clear from my mind every thought of lack and failure. Above all, I do not believe that poverty is God's will. I know that in God's sight there is always plenty. I realize that in His kingdom there is abundance for every one.

My mind is now open and receptive to prosperity and success. No contrary argument can cause me to lose sight of the truth about my prosperity. I claim my inheritance in its entirety. I enter that consciousness in which I am worthy of the promises of God and in which I lay hold of them as tangible and visible supply.

I give thanks for every evidence that God is manifesting Himself in my life as that which I most desire and need.

It is your Father's good pleasure to give you the kingdom.—LUKE 12:32.

MONDAY, JULY 22

The forgiving Christ ever active in me quickens me to forgive every seeming wrong.

I WILL NOT refuse to forgive others for any wrong that they seemingly have committed against me. I will not withhold forgiveness under any circumstances. I am willing to let Christ in me do His perfect work. I am ready to let Christ express His forgiveness fully and completely.

I know that Christ in me cannot be hurt by what others think, say, or do. I know that He cannot have His feelings hurt, cannot feel a slight, cannot be personally affected by what men do. I realize that Christ could not and would not withhold forgiveness. In my heart of hearts I know that the forgiving love of Christ ever goes forth to those in need of it.

I abide in the consciousness of forgiveness. In this consciousness there is no place for unforgiveness. In it there is no place for any thought that would hinder or delay the forgiving work of Christ. In the consciousness of forgiving love I forgive readily and completely.

My mind is now cleared of all thought that any one has harmed me in any way. Christ in me has convinced and assured me that all is well.

Bless Jehovah, O my soul . . .
Who forgiveth all thine iniquities.
—PSALMS 103:1, 3.

The power and authority of Christ in me causes me to realize my power and authority over every adverse situation.

KNOWING the unlimited power of Christ, I cannot believe that sin, evil, and adversity have any power in Truth. I know that the only power that any adverse situation has is the power I think it has when I fail to realize the omnipotence of Christ. I know that His power is not shared with anything unlike Him in character.

Christ in me quickens me to have authority over every limited or negative belief. No such belief can cause me to feel that it has authority over Christ in the midst of me. No phase or guise of evil can make me believe that it has power over me or over my affairs.

I know that Christ rules supreme as the prevalence and power of good. That which man calls and believes to be evil has no power in the Truth of Christ. Christ's omnipotence knows no rival in power, no competitor for authority. The power of Christ inherent in me is the power that makes me feel my own supremacy over all things unlike Christ.

I abide in the realization that Christ is the only omnipotence, the only power of God.

With authority he commandeth even the unclean spirits, and they obey him.—MARK 1:27.

WEDNESDAY, JULY 24

The purifying, vitalizing, strengthening life of Christ in me now appears as life sufficient for every physical demand.

I CANNOT feel fatigued or exhausted when I realize the truth that Christ lives in me as my abundant life. His presence cleanses, vitalizes, and strengthens me. His life is my life. I cannot exhaust it. His life is all-sufficient.

In the life consciousness, I find that my realization about life becomes manifest as physical life. I know that Christ life in me is tangible to me as my own life. I am thoroughly alive because Christ in me ever lives.

My mind is clear of all limited beliefs about life. I do not limit my life by thinking that it can be limited in any wise. Christ's life flows through me unhindered by any limited or mortal belief. It expresses itself in me as my own health and strength. I live because Christ in me lives.

In the life of Christ I am eternally alive. No mortal or limited belief in insufficient life can cause me to lose sight of the truth about my life in Christ. I enter that consciousness of life which makes me more and more aware of Christ as living in me, expressing Himself through me, quickening me to bountiful life.

Thy *life shall be clearer than the noonday.*—JOB 11:17.

I relax from all sense of personal responsibility and commit my cares to God.

I AM ABLE to relax from all mental and physical stress and strain because I rely entirely upon God. I give up the feeling of having many personal responsibilities by giving these to God in exchange for the confident assurance that He is taking care of me and mine.

By giving up those thoughts that cause mental and physical tension I relax in the presence of God. I am determined never again to think thoughts that cause tension. I am willing to place myself and all my affairs in the hands of God and thus be assured that all is well.

Persons, things, and situations in the world about me cannot make me tense. I live in the consciousness of perfect relaxation. The world about me cannot affect the calm peace of my soul. I am relaxed in the understanding that the Spirit of God is ever with me, ever taking care of all my affairs.

My nerves and muscles relax because of my freedom from tension-producing thoughts. I relax from taut nerves and muscles into the peace-giving power of inner quiet. I rejoice to be relaxed and to feel the presence of God.

Unto God would I commit my cause.—JOB 5:8.

FRIDAY, JULY 26

In the stillness of the presence of Christ
I too find stillness and quietness.

CHRIST ever exists at the heart of my being as the presence of quietness and stillness. I turn my attention away from all belief that things of the outer world can distract and confuse me. I am no longer disturbed by external noises. Christ in me is the very spirit of stillness.

In the presence of Christ, I am still. Nothing of the world about me can keep me from finding Christ within me and finding His perfect quiet. Christ in me is never disturbed. His Spirit ever conveys to me the sense of poise.

I live in the presence of stillness. Christ infolds me in an aura of quietness through which no external disturbance or noise can penetrate. Christ in me makes me quiet when things of the world would disturb. He draws my attention from outer sights and sounds and causes me to be quiet. He conveys to me the very silence and stillness of heaven. In Him I am quiet.

In the stillness of the presence of Christ I know Him as the power of silence. His presence pervades my whole being and I am quiet. I live in Him and in His stillness. He lives in me and makes me realize the stillness of my inner being.

Be still, and know that I am God.—PSALMS 46:10.

My body is the temple of the living God and I keep it worthy of His presence.

I NO LONGER think of my body as the habitation of evil, sin, disease, and weakness. I do not think of it as the embodiment of any force or substance inimical to my highest good. I do not regard my body as simply material or physical. I know that it is the temple of the living God.

I erase from mind every thought that would cause me to regard my body as something other than God's holy temple. I wipe from mind every belief in impurity and weakness. I no longer think of myself as subject to infection or contagion. I accept my body from God as a temple of purity, life, and strength.

I know that my body is the embodiment of thoughts of peace, health, strength, life, and substance. God has made my body of that which is strong and enduring. It is powerful to withstand all man-made ideas of disease and weakness. It is mighty to endure as God's mighty temple. Nothing in all the world can prevail against God or His temple.

Henceforth I will think of my body as it exists in Truth, perfect and whole. I will realize that it is God's temple and will keep it worthy of His presence. He abides forever at the heart of my being.

He spake of the temple of his body.—JOHN 2:21.

The kingdom of heaven is within me and from it come all my blessings.

I DO not think of heaven as existing in the distance or in the future. I do not think of myself as having to wait until some future time to enjoy heaven or as having to find it in some other world. I no longer believe that I must die in order to find the blessings of heaven.

I realize that heaven exists here and now and that it is to be found through spiritual consciousness. I have discovered that the kingdom of God is where God is: at the heart of my being. I realize that this heavenly kingdom is found only through the consciousness of the presence of God.

I behold at the heart of my being the presence of God and His heaven. I know that when my attention is turned to Him my eyes are turned to heaven. My consciousness is cleared of every satanic or devilish thought in order that I may think only of heaven. Thinking heavenly thoughts, I find heaven in all its fullness.

God's kingdom of heaven cannot change or pass away. It ever exists. His omnipresence has established it forever. His presence makes my environment one of heaven.

I was not disobedient unto the heavenly vision.
—ACTS 26:19.

Christ's choice of way is now revealed to me and on this chosen path I find peace and plenty.

I AM WILLING to go the way that Christ has selected for me. I rise out of the consciousness that would lead me into paths of adversity. I enter the consciousness wherein I behold the way of Christ—the way of light, peace, joy, love, health, and plenty.

I am no longer undecided about what to do. The Spirit of wisdom reveals the right path to me and I go this way. I do not go the way of misfortune, deprivation, and sacrifice when I go the way of Spirit. I know that on the path that Spirit chooses for me I am attended by the presence of Christ and the blessings of heaven.

No adverse belief can turn me away from the path of Christ. No adverse thought can discourage me as I go the way of Spirit. I know that when Christ is with me I am guided into that which is for my highest good. I realize that when I go His way I go the way that leads me to many blessings.

I know that in Spirit there is but one way, the way of Truth, the way of all good. Living in spiritual consciousness, I find this way and discover that it is the path to the good that I seek, desire, and need.

My foot hath held fast to his steps;
His way have I kept, and turned not aside.
—JOB 23:11.

TUESDAY, JULY 30

I am thankful for the unexpected blessing I receive this day.

I AM always thankful. I give thanks for every evidence of the goodness of God. I give thanks for the invisible good that becomes visible. I am appreciative of every blessing coming in an unexpected way. I am grateful at all times for all good.

I know that today some blessing will come to me as a surprise. In some unexpected way, Christ will bring a new blessing into my life. I am open and receptive to the good that comes to me and always grateful for that which I receive.

I am thankful for my understanding of Truth, thankful for my knowledge of how to look at life, thankful for every spiritual realization. I am appreciative of all the good that has come to me through an understanding of Truth. I enjoy counting my blessings and discovering among them those which have previously escaped my attention.

With a thankful spirit I go forth this day in anticipation of great good. My heart sings its song of thankfulness. In the consciousness of thanksgiving I give hearty thanks for my numerous blessings. I am thankful for the great good that has been showered upon me.

All things are *for your sakes, that the grace, being multiplied through the many, may cause the thanksgiving to abound unto the glory of God.*—II Cor. 4:15.

WEDNESDAY, JULY 31

The presence of Christ in the midst of me exalts me above every appearance of adversity.

I REALIZE that no appearance of adversity has power to cast me down. I cannot be cast down by the appearance of sin, evil, fear, disease, or failure. Christ in me ever exalts me. His presence at the heart of my being ever lifts me up.

The Spirit of God in the midst of me ever lifts me to high heaven. I am exalted because Christ in me is exalted. I cannot be identified with adversity because Christ lifts me above every form and appearance of evil and sin. There is that within me which is higher and mightier than that which is debased and ignoble.

The presence of Christ exalts me to know that in Truth I am one with Christ, one with all that He is and all that He has. I am exalted in the consciousness that nothing in all this world has power to cast me down.

This day I abide in the consciousness of rising out of every negative condition into the truth of my spiritual exaltation. I rise into the realization that Christ in me has permanently established me in that place of security from which I cannot fall.

Now will I lift up myself; now will I be exalted. —ISA. 33:10.

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A Two-Way Blessing

The Prosperity Bank plan offers you a means of spiritual growth. Through your faithful use of the drill you will learn how to contact the divine source of supply, and while you are learning to do this, Silent Unity will pray with you for your success. In addition the Prosperity Bank offers you a convenient way to save for the purpose of sharing Unity literature with your friends. You can order your subscriptions to begin at once, and your friends will receive the help of the literature while you are being benefited by the Bank drill, thus making the Bank plan a two-way blessing.

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D-7-35

TRUTH MEETS HARD FACTS

• "Make the season of hot weather a time of continued progress," Tom read and then he snorted. This was fine talk until it bumped into hard facts. The summer slump in the hardware business was just getting under way, and Tom was sure to be let out. Suddenly he saw that if he could not prevent the slump in business, he could at least keep from going into a slump himself. The idea took hold of him, and things began to happen. Tom's story is told by Craig Davidson in the July issue of *Good Business* under the title of "Summer Slump."

• If you are in business, you will find helpful suggestions in *Good Business* magazine.

THE STORY OF A HEALING

• In *Progress* magazine this month Colbus S. Naft weaves an interesting story around his own experience in overcoming what seemed to be a hopeless condition. His story bears out a physician's statement that "faith in the probability of recovery and freedom from worry hasten recovery by giving the healing power full sway." "Hard to Kick" is its title.

• *Progress* is all that its name suggests. It features timely articles, constructive fiction, interviews with well-known persons, poems, and bits of humor. It is an all-round family magazine.

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The price of *Progress* and *Good Business* is $1 each for a year's subscription.

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Usable Truth BY RICHARD LYNCH

• • • **If you are looking for Truth that you can actually put into practice, and not for beautiful theories alone, we recommend to you the book USABLE TRUTH.** Each of its thirteen chapters deals with an important Truth problem, each is complete in itself, and each is "usable." Part of the chapters of this book formed the much-liked series by the same title that was published in UNITY magazine.

• • • Richard Lynch, the author of this book, was formerly on our staff, and received his early Truth training under the guidance of Charles and Myrtle Fillmore. For many years Doctor Lynch has been the leader of the rapidly growing Unity Society of New York City, and he has become well known as a Truth writer and lecturer.

• • • Order your copy of USABLE TRUTH now, and it will be sent to you as soon as it is off the press. Like our other standard volumes it comes in cloth binding priced at $1; in flexible, at $2.

Praise for Open Doors

I would like to express my appreciation of the book OPEN DOORS. There have been so many fine articles in UNITY DAILY WORD during the past few years that it must have been a task to select the best ones for the book."

• • If you like this magazine, you will enjoy the editor's book OPEN DOORS. In cloth binding it is priced at $1; in flexible, at $2.

The Lost Word

In the twilight of time,
In the days we call golden
Was a Magical Word—
The Lost Word of the Master
That brought rest unto sorrow
And that satisfied hunger
Of the hearts that were longing
  For ineffable things.

The Lost Word of the Master
May be heard by our pathway;
It will sound in our hearts
If we list for it there.
It is heard in the mountains—
In the voice of the seashore—
On the Deserts of Silence—
  In the good deeds of men.

—*Roland Eberhart.*

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